

In the Fight Against Disease, Knowledge is Power.

You make everyday choices to protect yourself and your family from danger. But what are you doing to protect yourself from diseases such as cancer, diabetes, heart disease, and stroke?

Each year, nearly 1.5 million people die from these diseases. That's approximately two out of every three deaths.

The American Cancer Society, American Diabetes Association, and American Heart Association want you to know that by taking charge of your everyday choices, you can help reduce your own and your family's risk of cancer, diabetes, heart disease, and stroke.

**Eat Right.
Get Active.
Don't Smoke.
See Your Doctor.
And Live.**

We can give you the information you need to help prevent cancer, diabetes, heart disease, and stroke. Visit www.everydaychoices.org or call 1-866-399-6789 for more information.

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American Cancer Society

1.800.ACS.2345
www.cancer.org

American Diabetes Association

1-800-DIABETES
www.diabetes.org

American Heart Association

1-800-AHA-USA1
www.americanheart.org

Everyday Choices For A Healthier Life



Make the choice to help prevent cancer, diabetes, heart disease, and stroke.



FORTIFY YOUR HEALTH WITH A NUTRITIOUS DIET.



- Eat at least five servings of fruits and vegetables each day. They're nutritious, low in calories, and high in fiber.
- Watch out for saturated fat and cholesterol.
 - Choose fish, chicken, turkey, and lean cuts of beef and pork.
 - Choose beans or soy.
 - Choose fat-free or low-fat products, including fat-free and low-fat cheeses, and other dairy products. Gradually switch to fat-free milk.
- Use less fat in cooking. Bake, broil, grill, boil, steam, poach, or microwave foods instead of frying them.
- Watch portion sizes, especially of foods high in fat and sugar.
- To lose weight, eat fewer calories and burn more by increasing your activity level.

SECURE YOUR WELL-BEING THROUGH PHYSICAL ACTIVITY.



Be physically active to manage your weight, look and feel better, and reduce your risk of serious diseases.

- Be active for at least 30 minutes five days a week or more.
- Don't have 30 minutes? Do three 10-minute sessions or two 15-minute ones throughout the day.

SHIELD YOURSELF FROM TOBACCO.



Tobacco kills more than half of its users. Don't be one of its victims.

- If you don't smoke, don't start.
- If you do smoke, quit. It won't be easy, but the right resources can help double your chances of success. Talk to your doctor or contact us.

Take This List of Questions to Your Next Doctor's Appointment.

1. At my age, what screening tests should I have?
2. I've got a family history of (cancer/diabetes/heart disease/stroke). Is there a different schedule of screening tests I should follow?
3. With my family history, do I need to be more concerned about my diet? My weight? My physical activity level?
4. Am I at a healthy weight? What should I do to lose weight?
5. How much physical activity should I get? How can I get started?
6. What's the best way for me to stop smoking?

FEND OFF DISEASE BY SEEING YOUR DOCTOR REGULARLY.



Many life-threatening diseases can be treated more effectively – or even prevented altogether. But you need a doctor's help.

- Be sure to ask about these screening tests recommended by the American Cancer Society, American Diabetes Association, and American Heart Association.

Blood pressure check – Check at each regular health care visit.

Body Mass Index (BMI) – Check at each regular health care visit.

Clinical breast exam (CBE) and mammography – Get a CBE every three years until age 40, then yearly with your mammogram.

Pap test – Get one every year from age 20 to 30; at age 30 and beyond, get screened every one to three years depending on the type of test and past results.

Cholesterol check – Starting at age 20, get tested every five years.

Blood glucose (sugar) test – Starting at age 45, have your fasting blood glucose checked every three years.

Colon screening – Starting at age 50, get screened every one to 10 years, depending on the type of test.

Prostate exam – Starting at age 50, ask your doctor about the pros and cons of testing.